

"One Team, Supporting Military Missions and Family Readiness!"

Southern Regional Medical Command stands up, merges two inactivated commands

By Steve Elliott
 FSH Public Affairs

In a move designed to better serve the Army of the 21st century, the Southern Regional Medical Command was activated during a ceremony at the MacArthur Parade Field Oct. 8. At the same time, the Southeast Regional Medical Command and Great Plains Regional Medical Command were inactivated and their colors retired.

The SRMC is now the key operational element for Army medicine covering an area encompassing 11 states and one territory.

Lt. Gen. Eric B. Schoomaker, commanding general of the U.S. Army Medical Command, directed realignment of the regional medical commands Oct. 1, 2009. The SRMC merges four medical treatment facilities from the Great Plains Regional Medical Command and seven MTFs from the Southeast Regional Medical Command.

"This is of great significance to Army medicine," Schoomaker said during the ceremony. "It is the single largest reorganization we have had since 1997 and sets the stage for substantial improve-

See SRMC P8



(From left)
 Lt. Gen. Eric Schoomaker,
 Brig. Gen. Joseph Carvalho Jr.,
 and Brig. Gen. W. Bryan Gamble
 salute the colors at the Southern Regional Medical Command activation ceremony Oct. 8.

Photo by Steve Elliott



Photo by John Gasko

Instructors teach students innovative techniques using ultrasound for pain management during a new course offered through USAGPAN.

New course teaches innovative techniques for pain management downrange

By John Sherner
 USAGPAN

New and innovative techniques using ultrasound for pain management were recently introduced in the Army Medical Department Center & School's first "Ultrasound Guided Nerve Block Course for Anesthesia Providers," offered through the U.S. Army Graduate Program in Anesthesia Nursing last month.

Among many professionals, ultrasound use for regional anesthesia is anticipated to become the

See ULTRASOUND P13



Photo by L.A. Shively

The METC barracks under construction last year.

Military construction program carries strong momentum into new fiscal year

By Brian Dwyer
 USACE

Construction on Fort Sam Houston reached another milestone Sept. 30.

A total of 24 contracts

worth \$164 million were awarded in fiscal year 2010 for BRAC and non-BRAC construction projects on the post and Camp Bullis.

Counting the contracts awarded for con-

struction projects on local Air Force bases, there was an overall total of 33 contracts worth \$397 million awarded during the year for BRAC and

See BRAC P7



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Election Day around the corner



The 2010 General Election is quickly approaching. Bexar County offers early voting, curbside voting for those who have difficulty walking or standing for long periods and absentee voting.

An absentee voter who has not received a regular state absentee ballot should complete a Federal Write-in Absentee Ballot, Standard Form 186, and mail it to the local election officials. Copies of the FWAB can be obtained from Unit Voting Assistance Officers or the Federal Voting Assistance Program website at <http://www.fvap.gov>.

Fort Sam Houston's installation voting office is open for business.

"We'll be able to tell people coming into our office when elections are taking place in their cities and states, and what they

need to do to be able to vote," said Russell Hayes, deputy director of Human Resources and Work Force Development.

"In addition, the new office can help people with absentee voting and process the forms and mail them in," he said,

adding that active duty, retired, reserve, guard, Department of Defense civilians, Family members, veterans, contractors and students are welcome.

Contacts for Unit Voting Assistance Officers is online at:

<http://www.samhouston.army.mil/hra/vote.aspx>.

Call Fort Sam Houston's voting office at 295-8518 or e-mail fsh.vote@conus.army.mil.

(Source: FSH Public Affairs)

Thought of the Week

Appreciation is like an insurance policy. It has to be renewed every now and then.

— Dave McIntyre

(Source: Bits & Pieces)

Local voters must vote at specific polling places. Check your registration card for a precinct number or go online at <http://www.bexar.org/elections/> where Bexar County offers three methods to search for a voting location: by address, voter registration information, or precinct. The Bexar County Elections Department is at 203 W. Nueva,

in San Antonio. Call 335-VOTE (335-8683) for more information.

Bexar County Joint General, Special and Bond Election
Oct. 18 - Early Voting Begins
Oct. 29 - Early Voting Ends
Nov. 02 - ELECTION DAY

(Source: Bexar County)

Weekly Weather Watch

	Oct. 14	Oct. 15	Oct. 16	Oct. 17	Oct. 18	Oct. 19
San Antonio	81° Clear	85° Clear	85° Clear	85° Partly Cloudy	85° Partly Cloudy	83° Mostly Cloudy
Kabul Afghanistan	82° Clear	82° Clear	82° Clear	86° Clear	86° Clear	80° Clear
Baghdad Iraq	89° Clear	95° Clear	96° Clear	96° Clear	96° Clear	96° Clear

(Source: Weather Underground at www.wunderground.com)



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at <http://ice.disa.mil> and voice your opinion today.

News Briefs

Oktoberfest

Fort Sam Houston Oktoberfest will be held Oct. 15, 5 p.m. to 11 p.m. and Oct. 16, noon-10 p.m. at MacArthur Parade Field. Take advantage of wristband night Friday and ride all the carnival rides as many times as you want. Enjoy food and beverage vendors, The Seven Dutchmen band, messaging wall and the lederhosen and dirndl contest at 8 p.m. On Saturday, come early to grab a spot to watch the noon parade as it proceeds down Dickman Road to Worth and Stanley Roads. For more information on the carnival rides, food and beverage booths, prizes and live entertainment to include a free concert by country music artist Darryl Worley Oct. 16 at 8:30 p.m., call 221-0012 or visit <http://www.fortsam-houstonmwr.com>.

TRICARE Suspicious Calls

Recently there has been a rash of calls to military personnel from individuals who claimed to be with Department of Defense and requested information under the guise of it being a TRICARE national survey.

Personnel have been asked for personal information such as, Social Security Number, home address and date of birth. Additionally, the caller asked about deployment status and length of deployments. The national and local TRICARE offices do conduct surveys; however, they never request the above personal information. If you receive a call from anyone about TRICARE and believe it to be false, contact your local TRICARE office.

The below link has some added safeguard measures from the TRICARE website:

<http://www.tricare.mil/mybenefit/home/Medical/RightsAndResponsibilities/ProtectingPersonalInformation>.

502nd MSG Garrison/ASA Security Office

Garrison Security Office will be open Monday-Friday, 7:30-11:30 a.m. for walk-ins and 11:30 a.m.-3:30 p.m. by appointment only. To make an appointment, call 221-2628/221-0811/221-2280 or e-mail SAM-HOUSTON-SECURITY@us.army.mil.

CFC Campaign

The Combined Federal Campaign runs through Oct. 25. Call 221-2214.

National Disability Employment Awareness Month

To celebrate National Disability Employment Awareness Month, Joint Base San Antonio EO/EEO will host an event Oct. 28 11:30 a.m.-1 p.m. at Dodd Field Chapel, 1721 Dodd Blvd. The guest speaker is Gordon Hartman, owner of Morgan's Wonderland. This year's theme is "Talent Has No Boundaries: Workforce Diversity Includes Workers with Disabilities." Call 221-9543.

KNOWLEDGE MANAGEMENT DIRECTORATE:

Connecting those who know with those who need to know

By Steve Elliott
FSH Public Affairs

More than 400 years ago, English philosopher and statesman Sir Francis Bacon uttered the immortal words: "Knowledge is power."

In the 21st century, it's the capture, transfer and reuse of knowledge that powers the Knowledge Management Directorate at the Army Medical Department Center & School's Medical Capabilities Integration Center.

Established as a discipline in the business world in 1991, the Army Surgeon General appointed the commanding general of the U.S. Army Medical Department Center &

School as the AMEDD's Chief Knowledge Officer in June 2007, making the KMD the proponent for knowledge management.

"We're like a think tank that does more than think," said Lynne Conklin, KMD deputy director. "We have different services, depending on what is needed. It all revolves around using technologically-based applications to assist organizations to be more efficient with their business processes."

"Knowledge management efforts can help individuals and groups to share valuable organizational insights to reduce redundant work, to reduce training time for

Soldiers, assist new employees, to help the AMEDD retain intellectual capital as Soldiers and civilians are deployed, reassigned, and retired from the AMEDD," added Col. Frederick Swiderski, KMD director. "Knowledge management is a tool that helps us to better be able to adapt to an ever-changing AMEDD environment."

There are two organizational components to KMD. The first is Knowledge Management Consultation. This team provides support to AMEDDC&S and other Army Medical Department activities which are focused on improving business processes through the use of knowledge

management tools and strategies.

The second is Systems Integration. This team supports KMD customers through Internet application development, database management and hosting services.

One of the most commonly used parts of KMD's online presence is the Medical Warfighter Forum. Found at <https://www.us.army.mil/suite/page/131414>, it is a globally linked network, offering access to key resources. It provides users with a one-stop shop to collaborate, share best practices and link to any and all valuable

See KNOWLEDGE P4

ARSOUTH holds annual ARSEC Conference

By Alex Delgado
ARSOUTH Public Affairs

U.S. Army South held its annual Army Section Chief's Conference at the old Brooke Army Medical Center building Sept. 20-24. The conference was attended by representatives serving in every country in Army South's area of responsibility.

The overall goal of the conference was to provide the Army section chiefs serving in each region a forum to discuss security cooperation issues with the U.S. Army South commander in order to better plan and assess U.S. Army activities with partner nations.

A highlight at this year's conference was the inclusion of personnel from the Military Personnel Exchange

Program. The program promotes sharing knowledge, experience and doctrine through the exchange of officers and noncommissioned officers with partner nations.

Officers and noncommissioned officers selected for the program are prepared for future assignments involving multinational operations. U.S. Army South assumed responsibility for the program from Headquarters, Department of the Army.

Maj. Gen. Simeon Trombitas, commander, U.S. Army South, addressed attendees at the conclusion of a week of official briefings.

"You are the face of the United States in the countries where you are serving," Trombitas said.

"You have the ability to influence those who will be tomorrow's leaders, and

that's where our influence lies, in the future generations."



Photo by Alex Delgado

Maj. Gen. Simeon Trombitas, commander, U.S. Army South, speaks with Orlando Fernandez and John Wirick from Headquarters, Department of the Army during the Army Section Chief's Conference hosted by U.S. Army South.

ARSOUTH marches in Chile's Bicentennial of Independence Parade

By Alex Delgado
ARSOUTH Public Affairs

A U.S. Army South delegation of 16 Soldiers from the Special Troops Battalion and the Texas Army National Guard represented the U.S. Army in Chile's Bicentennial of Independence Parade, Sept. 19.

The military parade marked the end to a week-long celebration of the country's 200 years of independence.

A tradition since 1915, the parade showcased over 7,500 troops from the Chilean armed forces and national police which included almost 900 women, a new record for female participation.

The U.S. Army South Soldiers who participated in the parade included Pfc. Evan Gary, Sgt. Jasmine Hernandez, Cpt. James Williams, Sgt. 1st Class Darlene Sullivan, Staff Sgt. Samuel Merced, Sgt. Sven Butler, Staff Sgt. Eduardo Camacho, Spc. Ricardo Ward, Master Sgt. William Anthony, and Master Sgt. Reginald Sweed.

Six Texas Army National Guard Soldiers also participated in the parade, including Master Sgt. Jack Vega, Staff Sgt. Jesus Quintanilla, Sgt. Eric Jakovitz, Sgt. Gabriel Leal, Cpl. Richard Carraquillo, and Master Sgt. Michael Sullivan.

"I enjoyed watching the personal interactions our Soldiers were able to have with our partner nations' representatives," said Master Sgt. Reginald E. Sweed, first sergeant, Company B, Special Troops Battalion, U.S. Army South. "It was a positive experience for everyone involved."

The Army South delegation joined soldiers from Mexico, Uruguay, Peru, Colombia, Bolivia, Brazil, and Argentina, who also sent delegations to participate in the parade.

"That was an experience of a lifetime and one that I will never forget," said Capt. James M. Williams, commander, Company A, Special Troops Battalion, U.S. Army South. "I enjoyed interacting with soldiers from our partner nations in a setting that allowed us to communicate more as people rather than soldiers from different countries."



Photos courtesy of the Chilean Ministry of Defense
A U.S. Army South delegation consisting of 16 Soldiers from the U.S. Army South Special Troops Battalion and the Texas Army National Guard represented the U.S. Army in Chile's Bicentennial of Independence Parade, Sept. 19.



Members of a U.S. Army South delegation stand with delegations from Colombia, Brazil, and Mexico.

KNOWLEDGE from P3

AMEDD resources and information.

"The Medical Warfighter Forum provides a comprehensive environment to communicate, collaborate, and coordinate across the whole of the Army Medical Department," said Maj. Gen. David Rubenstein, commanding general of AMEDDC&S.

"As the Chief Knowledge Officer for the AMEDD, I encourage Soldiers to use this resource to support their efforts, their organization's mission, and our support to the Army and other stakeholders. Using the MedWf allows us to rapidly disseminate discussions, best practices, and lessons learned, all to enhance our support of Soldiers, other war fighters, and Families."

"KMD's goal is to provide timely, relevant information by sharing lessons learned, implementing best practices, and collaborating at a global level," Swiderski said.

The KMD can also provide custom application development, hosting, and database support for select AMEDD users. Standardized collaborative tools are available for use by any AMEDD activity. Internet tools include community of practice formats, survey tools, centralized document management and storage, and discussion areas.

Additionally, KMD provides technical and consulting support for the AMEDD Issues Program. This Internet-based application allows any AMEDD member to ask a question or describe a problem which will be answered promptly by a subject matter expert. Since its inception in 1998, the issues program has received more than 3,600 issues.

"A Soldier in Afghanistan may have a tactical question about bandages, medical supplies or medical evacuation, but there is no one around with the knowledge to answer the question," Swiderski said.

"The Soldier can use the AMEDD Issues Program to simply ask a question and have it answered by one of our staff."

"The question will first come to me, and I'll make sure there's no sensitive information in it and then I'll assign it to one of our Process Integrators," Conklin added. "They will provide an immediate answer if it's available. It may require extensive research and consultation with multiple experts to determine the proper answer. If we can't get the answer internally, we'll go to our external experts."

"Some questions might be very limited in scope, such as from someone who trained as a medic in 1973 looking for their transcript. It may also be very general, such as what is the doctrine surrounding the deployment of a combat support hospital in theater," Swiderski said. "Our role is to answer the question ourselves, using knowledge we have in house, or getting it quickly from an external source."

"The issue and answer are then placed into the database repository, so if anyone wants to come into the system and conduct a search, they don't even have to send in a question," Conklin said. "If they type in 'transcript,' they can see how we answered the last question and see if it also applies to them. This process demonstrates the 'reuse' of information."

"The feedback from customers about this program has been overwhelmingly positive over the years," Swiderski said.

"It is of great importance to us when we receive issues from deployed Soldiers and commanders in need of assistance," the colonel added.

"Providing them with a fast and accurate response can provide them with critical decision-making tactical information when their access to information and people can often be limited."

370th TC mobilizes to support Operation New Dawn

By **Spc. Andrew S. Valles**
4th SC (Expeditionary) Public
Affairs

Members of the 370th Transportation Company gathered with Family, friends and guests as part of a mobilization ceremony at the University of Texas at Brownsville Oct. 3. The 370th will deploy to Iraq later this year in support of Operation New Dawn.

The 370th is a reserve unit based in Brownsville, Texas.

Honored guests at the ceremony were retired Lt. Gen. Ricardo S. Sanchez,

Brig. Gen. Les J. Carroll, 4th Sustainment Command (Expeditionary) commanding general; Col. Richard Stats, 211th Regional Support Group commander; Capt. Alex L. Montanez, 370th company commander; and Eleazar Castro, the representative for Congressman Solomon P. Ortiz.

Sanchez emphasized the importance of the Soldiers' job during their upcoming deployment. "You now have a daunting task that is ahead of you and don't believe the

danger is any less," he said.

"You swore in front of God and country that whenever our country needs you, you will be ready to stand and defend our values."

"These Soldiers have made many sacrifices in training up for this mission and I know people of the nation are counting on us and we will not let you down," Montanez said.

Carroll reminded the Soldiers that no matter what may happen their tasks ahead are not greater than the force

they have behind them.

"Look at all of the Families and friends that are here, this community is behind you," Carroll said.

This deployment will

be the third for the 370th. The first two were in support for Operation Iraqi Freedom.

The 370th will be transporting supplies to Soldiers while in Iraq.

"I've led many troops into battle and I know what it looks like when troops are ready and I can tell these Soldiers have it," Sanchez said.

Retired Lt. Gen. Ricardo S. Sanchez speaks to the Soldiers of the 370th Transportation Company before a mobilization ceremony held at the University of Texas at Brownsville. The 370th will be deploying in support of Operation New Dawn later this year.

Photo by **Spc. Andrew S. Valles**



Col. Mary Garr, 502nd Mission Support Group commander; Hal Marsh, Network Enterprise Center director; and Col. Chris Haigh, 106th Signal Brigade commander, cut the cake after a transfer of authority ceremony Oct. 11 at Lincoln Military Housing Community Center.

Photo by
Mike O'Rear



FSH Network Enterprise Center transfers to 106th Signal Brigade

By Lori Newman
FSH Public Affairs

An Oct. 11 ceremony transferred authority of the Fort Sam Houston Network Enterprise Center from the 502nd Mission Support Group to the 106th Signal Brigade.

The NEC, formerly known as the Directorate of Information Management or DOIM, has been through many transitions over the past three decades.

In April 2009, DOIM transferred to the 106th Signal Brigade and was renamed the Network Enterprise Center. Under Joint Base San Antonio, the garrison retained administrative control through Fiscal Year 2010.

"The NEC has gone through many, many transitions over time as has the garrison in recent years," said Col. Mary Garr, 502nd MSG commander.

Garr thanked Hal Marsh

for leading his staff through so many changes saying, "You led the transformation of our communications piece into the joint base, while at the same time preparing for your own transition into NEC Command. Now you are going to continue taking things to a higher level. Please take my thanks back to your entire team."

"Col. Haigh, I know you

See NEC P13

BRAC from P1

non-BRAC military construction projects across all San Antonio installations.

Several major projects launched in FY10 on Fort Sam Houston are making steady progress toward scheduled completion by the spring and late summer of next year.

One of the largest projects involves creating a campus of facilities to accommodate the relocation of Headquarters, Installation Management Command to Fort Sam Houston from the Washington, D.C. area.

Work began during the year on several elements of this campus, including a new 168,000-square-foot headquarters building and a new instructional facility for the Family and Morale, Welfare and Recreation

Command, a subcommand of IMCOM.

Renovation of the historic Fort Sam Houston Theater was also initiated to provide a new home for the FMWRC's Army Entertainment Division.

Fiscal year 2010 also marked the start of construction on a facility to house the headquarters of the 502nd Air Base Wing, which will oversee installation support functions for Fort Sam Houston, Lackland and Randolph Air Force Bases.

Elsewhere across the post, the ongoing progress of other projects that began before fiscal year 2010 has become increasingly evident.

The massive footprint of the 181,000 square foot Tri-Services Research Lab has taken shape, now that the project has passed the half-

way point of its construction schedule.

Also, the Medical Education and Training Campus continues to phase in courses after attaining initial operational capability this summer. METC is on the way to becoming fully operational in 2011 when all of its dozen core facilities are scheduled to be finished.

The campus is consolidating the enlisted medical training programs of all branches of the military, providing instruction for a variety of medical specialists, such as combat medics, Navy corpsmen, radiology technicians, and biomedical equipment technologists.

Other BRAC facilities are already being fully utilized by their tenants. A ribbon-cutting ceremony is scheduled on Oct. 21 for the Primary Health

Clinic. This facility is assuming outpatient care responsibilities from Brooke Army Medical Center because the hospital is being expanded to absorb inpatient care functions from Wilford Hall Medical Center.

In February, a grand opening is planned for the Joint Center of Excellence for Battlefield Health and Trauma Research, built adjacent to BAMC to consolidate research programs from all service branches.

An additional benefit of the BRAC program is the sustainability that's being incorporated into the facilities. The project to expand and renovate BAMC recently marked progress toward obtaining Leadership in Energy and Environmental Design Silver certification.

LEED is a national

"green" building rating and certification program administered by the U.S. Green Building Council in Washington, D.C. to promote improved environmental and human health performance.

LEED standards call for the use of designs and materials that will produce energy savings, water efficiency, carbon dioxide emissions reduction, and improved indoor environmental quality. A review of the project's design produced 23 points on the LEED rating scale. A total of between 33 and 38 points is required to qualify for Silver status. An additional 15 points are being sought during the construction phase of the project, which is expected to continue through next summer.

Earlier this year, the dining facility that's part

of METC gained LEED Silver certification, after a USGBC review yielded 35 points on the LEED scale. This building is not expected to be the last METC facility to become certified.

Representatives of the team that's managing construction of METC are pursuing efforts to have 11 additional METC buildings certified as Silver or higher by the USGBC. When completed next year, METC stands to be one of the few campuses in the nation to have attained campus-wide LEED certification.

With less than a year remaining until the legislative deadline for finishing BRAC construction projects in San Antonio, all of the pieces are falling into place for the final push to the end.

SRMC from P1

ments in care for our units and beneficiaries.”

“This is the culmination of 18 months of work to better meet the needs of our units and beneficiaries,” said Brig. Gen. Joseph Carvalho Jr., who in addition to commanding Brooke Army Medical Center, will also be commanding general of the SRMC’s 10 Army hospitals, numerous health clinics and centers and all Community Based Warrior Transitions Units. He was formerly the commanding general of the Great Plains RMC.

The Great Plains RMC dates back to the BAMC Health Service Region in 1991, which evolved into the South Central Health Service

Support Area in 1993. In 1995, the Fitzsimmons HSSA (based in Boulder, Colo.) was dissolved and the majority of states and MTFs west of the Mississippi River migrated into the South Central HSSA.

HSSAs underwent a name change in 1996 at the suggestion of a former Army Chief of staff and became regional medical commands. In 1997, the final two MTFs were transferred from the Southwest MRC as part of its inactivation, leaving a GPMRC comprised of 10 primary MTFs, supporting four divisions, across a 16-state area of responsibility.

The Southeast RMC was established in July 1996 to serve more than 2 million benefici-

aries throughout the southeastern United States and Puerto Rico. Headquartered at Fort Gordon, Ga., the command provided command and control for Soldiers and beneficiaries at 19 medical centers, hospitals, clinics and training areas.

“A new era for the Army Medical Command starts now,” said Brig. Gen. W. Bryan Gamble, formerly the Southeast MRC commanding general. He will now serve as deputy commanding general of SRMC for readiness and commanding general of Dwight D. Eisenhower Army Medical Center at Fort Gordon. “It’s a privilege and honor to be part of Army history.”

The SRMC will encompass BAMC,

Eisenhower, Carl R. Darnell Army Medical Center (Fort Hood, Texas), Winn Army Community Hospital (Fort Stewart, Ga.), Blanchfield Army Community Hospital (Fort Campbell, Ky.), Moncrief Army Community Hospital (Fort Jackson, S.C.), Lyster Army Health Clinic (Fort Rucker, Ala.), Reynolds Army Community Hospital (Fort Sill, Okla.), Baynes-Jones Army Community Hospital (Fort Polk, La.), Martin Army Community Hospital (Fort Benning, Ga.) and Fox Army Health Center (Redstone Arsenal, Ala.).

Also included in the SRMC are the U.S. Army Aeromedical Center (Fort Rucker, Ala.), Rodriguez Army

Health Clinic (Puerto Rico), Southern Command Clinic (Miami, Fla.), Community Based Warrior Transition Units (at Fort Sam Houston and in Arkansas, Alabama, Florida and Puerto Rico), and additional clinics in Alabama, Arkansas, Mississippi and Oklahoma.

“What you see here today is representative of more than 18,000 Soldiers and thousands and thousands of civilians,” Schoomaker said. “I take enormous pride in both former commands. We needed this realignment to improve services and better support our installations, Soldiers and beneficiaries and align better with TRICARE civilian hospitals.”



Photo by Steve Elliott

Lt. Gen. Eric B. Schoomaker, Army Surgeon General and commanding general of the Army Medical Command (right), passes the colors of the Southern Regional Medical Command to Brig. Gen. Joseph Carvalho, Jr., the SRMC commander.

6 X 9.75

COMPANY B, 232ND SOLDIERS RECOGNIZED



Photo by 1st Lt Shawn Brooks

Staff Sgt. William Garcia and Sgt. 1st Class Belinda Varner place the Blood Donor Excellence streamer on the Company B, 232nd Medical Battalion guidon Oct. 8 in an early morning ceremony. Soldiers from Company B were recognized for donating blood from July to September at a rate of 50 percent, exceeding all other units at Fort Sam Houston.

BAMC SOLDIERS REENLIST



Photo by Chondra Perry

Brig. Gen. Joseph Carvalho Jr., commander Brooke Army Medical Center and Southern Regional Medical Command (Provisional), swears in 11 Soldiers at an Oct. 4 re-enlistment ceremony at Brooke Army Medical Center. The Soldiers have an accumulated 47 years of service and received an accumulative bonus amount of \$10,000 for re-enlisting.

3 X 4.75

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NEC from P6

are receiving a great team and you are going to continue to be a great partner here on Fort Sam as you have been since you were established here,” Garr said.

“This transfer of authority symbolizes the realignment of the Fort Sam Houston Network Enterprise Center from the Army Garrison and 502nd Mission Support Group to the Network Enterprise and Technology Command and, specifically, to the 106th Signal Brigade,” said Hal March, NEC director.

“This transfer is part of the Army General Order Number 5 that aligns signal forces under one command to protect and defend the Land War Net, which we all use when we log on to our desktop computers every

day,” Marsh said.

The 106th Signal Brigade was reorganized and reactivated July 16, 2008, at Fort Sam Houston as part of the 7th Signal Command (Theater) with a mission to secure and defend the western portion of the continental United States Land War Net.

“Hal, to your team, thank you so much for all the hard work you have provided throughout the years,” said Col. Chris Haigh, 106th Signal Brigade commander.

“I am convinced that together we can maintain the high standards you have already set and find some synergies by standardizing enterprise franchising network, enabling us to provide even better services to the community here at Joint Base San Antonio.”

ULTRASOUND from P1

standard of care.

“New studies in research support the use of regional nerve blocks in theater to decrease Soldiers’ pain medicine requirements postoperatively and in the recovery period,” said John Gasko, an assistant professor with USAGPAN. Gasko was one of several instructors for the course.

“Anesthesia providers agree that direct visualization of internal structures may lead to safer, quicker and more successful blocks,” said Lt. Col. Joseph O’Sullivan, program director for USAGPAN.

The course focused on the principles of the ultrasound machine and upper and lower extremity anatomy and blocks.

“New studies in research support the use of regional nerve blocks in theater to decrease Soldiers’ pain medicine requirements postoperatively and in the recovery period,”

*— John Gasko
assistant professor with USAGPAN*

Participants from various Army and Air Force medical treatment facilities performed blocks on cadavers supplied by the graduate program during the course.

A follow-on discussion session gave providers an opportunity to share experiences and anecdotal input. Topics included increased effectiveness and decreased incidence of complications associated with ultrasound guided regional anesthesia.

“The primary goal of this course was to ensure that the anesthesia providers who deploy the most have the skill sets necessary to provide the

best care for Soldiers downrange,” Gasko said.

“It provided a good basis of skills and techniques for those of us who aren’t familiar with ultrasound,” said Maj. Michelle Evanov, USAGPAN Phase II program director with Madigan Army Medical Center in Seattle, Wash., who attended the course.

“All involved were able to augment their knowledge of ultrasound, anatomy and technical skills. Opportunities like this provide an immeasurable impact on the military’s mission and providing world class health-care,” said Air Force Maj.

Rob Frohm, an anesthesiologist at Wilford Hall Medical Center, Lackland Air Force Base, who also attended the course.

“Participants have enrolled as far away as Honolulu [Hawaii] and most are from our major Army Medical Centers. We continue to use the team approach in caring for the Soldiers, Families and retired members of our armed services,” O’Sullivan said, adding that faculty felt it so important they volunteered their time to instruct.

“This is for the Soldiers,” Gasko said.

The course will provide 14 continuing education credits for professional certification and is planned to be offered annually. For more information contact USAGPAN at 221-5377.

FSHFD delivers fire prevention fun for kids, adults too

Photos by Lori Newman



(Below) Sparky the fire dog, Fred the fireman from the Randolph Air Force Base Fire Department, and H-E-Buddy were on hand to visit with the kids, pose for photos and entertain the crowd.



Fire Inspector Sherry Salone, Fire Chief Curtis Williams and Col. Mary Garr, 502nd Mission Support Group commander, cut the cake to celebrate the culmination of Fire Prevention Week and the open house Oct. 9.

Fire Inspector Thomas Taylor hands out gift bags during the Fort Sam Houston Fire Department open house Oct. 9. Children received coloring books, stickers and prizes. Parents also were provided informational materials such as child identification kits during the event. Children could win prizes for answering safety questions correctly and H-E-B handed out goodies.



Dana Pelletier, assistant fire chief, gives Ethan Mann, 8, a prize for his Fire Prevention Week poster. Col. Mary Garr, 502nd Mission Support Group commander, and Sparky the fire dog also lent a hand during the award presentations Oct. 9 at the Fort Sam Houston Fire Department open house. Mann was one of several winners who entered the poster contest.



Daisy Kilgore, 10, Miriam Henkes, 8, and Dahlia Kilgore, 7, check out all their gifts during the Fire Prevention Week festivities.



Fire Inspector Anthony Morin demonstrates the dangers of cooking and how to put out a grease fire during the Fire Prevention Week open house. The fire safety house was one of many displays available during the event.



Firefighter Juan Prangner shows Kayla Burns, 5, and Jill Rath some of the equipment a firefighter uses to save lives.



Firefighter Juan Prangner shows Gwen Garr, 11, how the ladder controls work on a fire truck.



Emergency Medical Technicians explain the equipment in an ambulance and how they do their jobs to people attending the Fire Prevention Week open house.

Hispanic heritage celebrated at several post events

By Lori Newman
FSH Public Affairs

In celebration of Hispanic Heritage Month, Sept. 15 to Oct. 15, several events were recently held on Fort San Houston.

A post-wide commemoration at the Sam Houston Club Oct. 1 included guest speaker Richard Lopez, field office director, U.S. Department of Housing and Urban Development in San Antonio.

Lopez spoke about prominent Hispanic icons including local leaders such as San Antonio Mayor Julian Castro; Dr. Daniel Juarez from the University of Texas Health Science Center; Edward Prado, a federal judge on the U.S. Court of Appeals for the Fifth Circuit; Dr. Richard Romo, president of the University of Texas San Antonio; former Bexar County Sheriff Ralph Lopez, who is his uncle; retired U.S. Army Maj. Gen. Alfred "Freddie" Valenzuela; and former San Antonio Mayor Henry Cisneros.

"All these individuals have a variety of skill sets between them, but I would like to focus on two people, former Bexar County Sheriff Ralph Lopez and Dr. Danny Juarez," Lopez said. "Both of these individuals had truly humble beginnings."

He told the audience about their upbringing on the west side of San Antonio in a poor neighborhood.

"The foundation for their success and becoming leaders in the community is attributable to the respect of and the advice given to them by their parents," Lopez said.

"Always remember where you came from, be proud of who you are and always do the best job you can on any task you are given," Lopez said. "I took that advice to heart."

After graduating from Texas State University with a degree in business management, he landed a job with HUD as an urban intern.

Lopez said he had many mentors throughout his career.

"The underlying theme is we are very proud of our culture. But it's also about taking ownership of your career and your life," Lopez said. "Find your niche and persevere."

The event at the Sam Houston Club included Hispanic food sampling and entertainment by the Guadalupe

Flamenco Dance Group, which included several dances and a Grito throwing contest.

Throwing "Grito" is a colloquial term for a loud howl mariachis use. It can be traced to the Grito de Dolores or "Cry of Dolores" a battle cry used during the



Photo by Lori Newman

Brig. Gen. Joseph Carvalho Jr., commanding general, Brooke Army Medical Center and Southern Regional Medical Command, presents guest speaker Richard Lopez a framed copy of the Hispanic Heritage Month proclamation Oct. 1 at the Sam Houston Club.



Photo by Lori Newman

Guadalupe Flamenco Dance Group wows the audience with several flamenco-style dances Oct. 1 at the Sam Houston Club. The post-wide event was one of many Hispanic Heritage Month celebrations held on Fort Sam Houston.



Photo by Amanda Stephenson

The Guadalupe Flamenco Dance Group from the Guadalupe Cultural Arts Center performs several dances Oct. 7 at the Hacienda Recreation Center.

Mexican War of Independence according to the Encyclopedia Britannica's website.

Brooke Army Medical Center's Hispanic Heritage Month event Oct. 4, was highlighted by Sabor a Cultura, a Puerto Rican group playing acoustic-style music. The event included a display about Puerto Rico and an Hispanic heritage quiz.

The Hacienda Recreation Center held their celebration Oct. 7 for about 150 Soldiers from the 32nd Medical Brigade. A clip from the movie "Stand and Deliver," starring Edward James Olmos,

was shown.

The movie is based on the true story of Jaime Escalante, a math teacher at East Los Angeles' Garfield High, who refused to write off his inner-city students, teaching them to become math wizards.

The Guadalupe Flamenco Dance Group from the Guadalupe Cultural Arts Center also performed several regional dances, receiving a standing ovation from the Soldiers.

"I loved it! It was so wonderful it made me cry to see so much Hispanic



Photo by Dewey Mitchell

A large crowd gathered in the Brooke Army Medical Center medical mall Oct. 4 to watch Puerto Rican group Sabor a Cultura entertain with their unique acoustic-style music.

influence in the program," said Spc. Claudia Maydana, Company C, 187th Medical Battalion.

"Mr. Escalante, the teacher in the movie is from Bolivia. I, too, am from Bolivia, so it was very special."

"I thought the program was very good, very different and very relaxing," said Spc. Richard Urio, Company D, 264th Medical Battalion.

(Ben Paniagua contributed to this story)

STORY TIME AT THE LIBRARY



Sherri Salone, an inspector at the Fort Sam Houston Fire Department, read books about fire fighters to toddlers at the Keith A. Campbell Library Oct. 7 during Fire Prevention Week.



Photos by Dimice Perry

After reading at the Keith A. Campbell Library, Salone passed out fire safety information and firefighter hats to the children.

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FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES
OCTOBER 18 - 23, 2010

Fort Sam Houston Elementary School
National School Bus Safety Week

Oct. 19
 Pastries with the Principal — Finding Your Fit, 9-10 a.m.
 Student Council Meeting, 3-4:30 p.m.

Oct. 21
 PTO Fall Festival, 5-7 p.m.

Oct. 22
 Spirit Day

Robert G. Cole Middle and High School

Oct. 18
 Marching contest East Central High School

Oct. 19
 Senior TAKS ELA retest
 JV/V Volleyball vs. Nixon Smiley at Cole, 5 and 6:30 p.m.

Oct. 20
 Senior TAKS Math retest
 Girls Basketball Practice begins
 High School Hispanic Heritage Celebration, 4:30-6 p.m.

Cross Country Bandera Meet at Bandera City Park, TBA

Oct. 21
 End of day 30 minute advisory schedule
 Senior TAKS Science retest
 JV Football at George West, 6 p.m.

Oct. 22
 End of first nine weeks grading period (43 days)
 Senior TAKS Social Studies retest
 Pep Rally schedule
 Cole “Pink Friday” for Breast Cancer Awareness
 JROTC Corpus Christi Drill meet
 JV/V Volleyball vs. Luling at Cole, 4:30 and 5:30 p.m.
 Varsity Football vs. George West at Cole, 7:30 p.m.

October 23
 JROTC Corpus Christi Drill Meet
 Senior Portraits (Appointment only through Senior English Teacher Mrs. Baker prior to this date.)
 Fall Play rehearsal Moseley gym, 1 to 3 p.m.
 Cross Country at Sequin Starcke Park, TBA

NOTICE OF PUBLIC MEETING TO DISCUSS FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT'S State Financial Accountability Rating

Fort Sam Houston Independent School District will hold a public meeting on Oct. 28 at 11 a.m. in the Professional Development Center at 1908 Winans Rd.

The purpose of this meeting is to discuss the Fort Sam Houston Independent School District's Superior Achievement Rating on the state's financial accountability system.

Cougar “D” stops Ro-Hawks

In a tough defensive battle, the Robert G. Cole High School Cougars scored 14 unanswered second-quarter points and hung on for a 14-7 victory over their arch-rival Randolph Ro-Hawks Oct. 8 in the District 29-2A opener for both squads.

Quarterback Ryan Wiersma hit Anthony Jackson for a 37-yard touchdown strike and Jovan Canel added a 43 yard scoring run less than 90 seconds later as the Cougars stunned the Ro-Hawk home crowd early in the second frame.

Randolph's only score came on a fumble recovery deep in Cole territory midway through the third period.

Cole is now 1-0 in district play, while Randolph stands at 0-1.

The Cougar's next game is Oct. 15 at 7:30 p.m. at the Natalia Bulldogs.

“See it, Send it”

- **Texting: 834-4531**
- **E-mail: FtSamHoustonPolice@conus.army.mil**
- **Phone: 221-CLUE (2583) Leave a Message**
- **Phone: 221-2222 Military Police Desk**

Take the Dare and Be Aware

6 X 9.75



Announcements

NOTICE

Due to Joint Base transition, American Express will not be accepted in any Family and MWR facility. Visa and Mastercard will continue to be honored.

Heroes' Tree Celebration

The Keith A. Campbell Memorial Library is hosting a Heroes' Tree Celebration through Nov. 16 to recognize the significance of the selfless service of all service members. Participants may place an ornament on the tree or bring a photo with a

Movie Nights

Oct. 29 - "The Tooth Fairy," post flagpole
Oct. 30 - "How to Train Your Dragon," Dodd Field
Movie begins around 8 p.m., admission, popcorn, candy and snow cones are free. In case of inclement weather, movies will be shown at ACS, Building 2797. Call 221-2418/2705.

brief story on their hero. Photos cannot be larger than 3 x 3 inches. Call 221-4387.

Single Soldiers Survey

The Better Opportunities for Single Soldiers program would like to know your thoughts on how to improve your quality of life, give back to the community and provide the best recreation and leisure activities. Log onto <http://www.boss.army.mwr.com> and share your thoughts. Survey closes Nov. 30.

CYSS Haunted House

Child, Youth & School Services will host a haunted house Oct. 22, 23, 29 and 30 from 6-10 p.m. at the Youth Center, Building 1630A on Watkins Road. For children under 6 years old and for those who like things a little less spooky, we will have a Casper's Fun House. Cost is \$3/adults, \$2 for children ages 6-18 and \$1/children 6 and under. Volunteers are needed for set up, room design and character roles. Call 221-3502.

Poetry Slam Workshop and Mixers

A Poetry Slam for Domestic Violence Awareness will be held Oct. 23. To prepare workshops will be held Oct. 16, 1-3 p.m. at ACS; and Oct. 19, 6:30-8 p.m. at the 232nd Barracks (232 only). Anyone who wants to try their hand at poetry writing and speaking can attend. To register online, visit <http://poetryslam.wufoo.com/forms/stand-speak-listen-registration/>. Call 221-2055.

"Legends of the Golden Oldies"

Every Thursday, Friday and Saturday now through Nov. 6 at Harlequin Dinner Theater. Dinner is served at 6:15 p.m. with an 8 p.m. curtain. Tickets are \$/civilians, \$30/military, \$26/students and \$16.50/children 12 and under. Call 222-9694.

Army Photography Contest

If you're a Family and MWR patron and would like to enter some of your favorite photos, submit your entries now by visiting <http://www.arts.armymwr.com>. Deadline for submissions is Nov. 30. Cash prizes will be awarded for the top three photos.

Army Kids Study Strong

Army is offering free resources and tutoring for children of active, wounded, reserve component, National Guard and Army civilians. Visit <http://www.tutor.com> for real-time 24/7 help in math, English, science, history, book reports, SAT, ACT and more.

Kids on Site!

Child, Youth & School Services has made it easier for parents to squeeze in a workout by offering on-site child care, known as Kids On Site Monday-Friday, 5 a.m.-2 p.m. and 3:30-8:30 p.m. at the Jimmy Brought Fitness Center. To participate in the program, children must be 6 weeks to 12 years old and registered with CYS Services. Call 221-4871, for more information.

Register early for the Combat Medic Run

The 30th Annual Combat Medic Run will be held Oct. 30 on MacArthur Parade Field. This run is open to all DoD I.D. cardholders and the general public. Race categories include a 5K, 28-Soldier Formation, 5K individual run, 10K individual run, 10K 5-person guidon team and a 2-mile fun run/walk. To register, download the brochure at <http://www.fortsamhous-tonmwr.com>, register at <http://www.active.com> or pick up a brochure at the Jimmy Brought Fitness Center. Registration deadline is Oct. 29. Call 221-1234 or 385-8248.

Caregivers Appreciation

In recognition of National Caregivers Month, Armed Forces Recreation Centers are giving a lucky caregiver a year of free house cleaning. Armed Forces Recreation Centers — Hale Koa Hotel, Shades of Green Resort and Edelweiss Lodge and Resort — are recognizing those who care for others. Nominate a caregiver through Oct. 24 to win this and other great prizes. Visit <http://www.armymwr.com/travel/recreationcenters>.

Calendar of Events

Oct. 14 Overseas Orientation

The class is 10 a.m.-5 p.m. at ACS, Building 2797. Call 221-2418/2705.

ScreamFree Parenting

This four-part series is Oct. 14, 21, 28 and Nov. 4, 11 a.m.-1 p.m. at

the Red Cross, Building 2650. To register, call 221-0349.

Couple's Enrichment

This three-part series is Oct. 14, 21 and 28, 5:30-7 p.m. at ACS, Building 2797. To register, call 221-0349.

Oct. 15 Care Team Training

The training is 1-3 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

Oct. 16 Poetry Slam Workshop

The workshop is 1-3 p.m. at ACS, Building 2797. Call 221-2055.

Oct. 18 Pre-Deployment Planning

The class is 9 a.m.-3 p.m. at ACS, Building 2797. To register, call 221-1829/2705.

Active Parenting for Step Families

The six-part series is Oct. 18, 25 and Nov. 1, 8, 15, 22, 11 a.m.-1 p.m. at the Red Cross, Building 2650. To register, call 221-0349.

Debt Liquidation

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

Oct. 19 Lunch and Learn

Hear from a court liaison and learn about the services they offer 11:30 a.m.-2 p.m. at the Red Cross,

Building 2650. To register, call 221-0349/1496.

Savings and Investing

The class is 2-4 p.m. at ACS, Building 2797. To register, call 221-1612.

H.U.G.S. playgroup

The group meets 9-11 a.m. at Dodd Field Chapel, Building 1721, for interactive fun play. Registration is not required. Call 221-0349/2418.

Baby Talk

The group meets 1-2:30 p.m. at Dodd Field Chapel, Building 1721. Call 221-0349/0655.

Oct. 20 Stress Management

The class is 11 a.m.-12:30 p.m. at ACS, Building 2797. Call 221-0349 or 221-0600.

Mandatory Initial First Termer Financial Readiness

Class begins at noon at the Education Center, Building 2248. To register, call 221-1612.

EFMP Support Group

The group meets 6-7:30 p.m. at the School Age Service, Building Child care and dinner provided. Registration is required, call 221-2604.

Oct. 22 General Resume Writing

The class is 8:30 a.m.-noon at ACS, Building 2797. To register, call 221-0516/2705.



Announcements

ASMC Scholarship Award

American Society of Military Comptrollers Alamo City Chapter will participate in the Bexar County Scholarship Clearing House to award two \$500 scholarships to eligible high school seniors. Students must be in the top 25 percent of their class, be a dependent of an active or retired DoD employee and plan to pursue a degree in a financial management discipline. Applications are available from the student's high school counselor. The deadline is Nov. 15. Call 659-6242.

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients," even if you have not been a candidate for weight loss surgery before. Military medical beneficiaries ages 18 to 65 with Type 2 diabetes are eligible to participate. Active duty military members are unable to

participate. For more information, call the Wilford Hall Medical Center Bariatric Clinic at 292-2210.

Calendar of Events

OCT. 16 Jackson Nature Park Walk

The Fort Sam Houston Texas Wanderers volksmarch club will host a 5k and 10k walk starting at the Jackson Nature Park, 9284 CR-401, Stockdale, Texas. Walks start between 8 a.m. and noon, finish by 3 p.m. Pets are not allowed in the park. Call 658-2160 or visit <http://www.walktx.org/TexasWanderers>.

OCT. 17 Canine Cookout

Austin Boxer Rescue — San Antonio Chapter will host a Canine Cookout 10 a.m.-2 p.m. at McAllister Dog Park. There will be food, a costume contest, Halloween pictures and more. Visit <http://www.austin-boxerrescue.com>.

OCT. 21 FSH Preservation Society

The Society for the Preservation of Historic Fort Sam Houston will meet for a light lunch at 11 a.m. followed by a presentation by Scott Ackerman from Haven for Hope at noon at the Stilwell House, 626 Infantry Post. Visitors are welcome. Call 527-9513, 824-1917 or 646-5704.

American Society of Military Comptrollers

The ASMC Alamo Chapter will hold a luncheon 11 a.m.-1 p.m. at the Kendrick Club, Randolph Air Force Base. The guest speaker is Jim Lee, president of Thinkrobatics, the topic is "Visual Thinking." Reserve by Oct. 19, call 652-4408.

Mock Interview Session

The Federally Employed Women Alamo Chapter will host a mock interview session 2:30-4:30 p.m. in the conference room at the San Antonio Credit Union on Stanley Road.

OCT. 23 Founders Day Celebration

The Trinity Trekkers volksmarch club will host a 5k and 10k walk starting at the Alamo Plaza, 300 Alamo Plaza. Walks start between 8

a.m. and noon, finish by 3 p.m. Call 661-0608.

OCT. 24 B00tanica! Fall Festival

The San Antonio Botanical Garden will hold the B00tanica! Fall Festival 9 a.m.-5 p.m. There will be a plant sale, 9 a.m.-4 p.m., entertainment and a variety of activities for the family. Call 829-5100.

OCT. 28-29 6th Annual Breast Health Summit

The summit, at the United Way, 50 Waugh Drive in Houston. The summit is open to anyone with an interest in breast health. Physicians, health care providers, health educators and survivors are welcome. To register, visit <http://www.breasthealthcollaborativeoftexas.org>.

REMINDER CALENDAR

Oct. 15-16	Fort Sam Houston Oktoberfest
Oct. 16	Rambler 120 Team Challenge, 6:15 a.m., Randolph Recreation Area, Canyon Lake
Oct. 21	Primary Care Clinic Ribbon Cutting Ceremony, 9:30 a.m.
Oct. 22-23	Child, Youth & School Services Haunted House, 6-10 p.m., Youth Center
Oct. 23	Poetry Slam, 6:30 p.m., Army Community Service
Oct. 23	Gateway Half Marathon, 8 a.m., Lackland Air Force Base
Oct. 26	Newscomer's Extravaganza, 9:30-11 a.m., SH Club
Oct. 28	Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle
Oct. 29	Movie Night, "The Tooth Fairy," 8 p.m., post flagpole
Oct. 29-30	Child, Youth & School Services Haunted House, 6-10 p.m., Youth Center
Oct. 30	Movie Night, "How to Train Your Dragon," 8 p.m., Dodd Field
Oct. 30	Combat Medic Run, 7:30 a.m., MacArthur Parade Field
Oct. 31	Halloween
Oct. 31	Spooky Story Time, 2 p.m., Keith A. Campbell Library



For Sale: Women's dress/casual clothing, like new, misc brand names, skirts, skirt and jacket, slacks, blouses, sizes 12 to 14, prices range \$10-\$25; Men's Docker shorts, size 42, all colors, like new, \$12. Call 363-5621.

For Sale: Oriental rug runner, 3 feet by 14 feet, floral design, light medium brown, \$150; antique lamp, early 1900s, \$135; wicker leather bar stool, rotates, \$70. Call 262-3892.

For Sale: Floor model, 46-inch big

screen television, 4 years old, \$375; Sony Trinitron 36-inch television, \$100. Call 414-0357.

For Sale: New lumber, 4 inches by 6 inches by 8 feet, \$4.25; OSB 19/32" boards, \$1.25; 4-inch pre-treated landscape timber, \$1;

2 inches by 6 inches by 14 feet pre-treated decking, \$2.50; new moving cartons, \$1. Call 313-0061.

For Sale: Poulan — Briggs & Stratton, 4 HP push lawn mower, mulches and has rear bag, only one year old, used mostly in Arizona, \$75. Call 221-3789.

For Sale: Track light, five lights, black, \$18; four bathroom sliding glass doors, \$15 each; ladies golf clubs with bag, \$85. Call 593-1512.

For Sale: Safety First red and pink apple travel system car seat and stroller, new in box, \$100; Haynes auto repair manuals for Toyota pickups ('79-'95) and 4Runners ('84-'95), GM Chevy Cavalier and Pontiac Sunfire ('95-'04), \$7 each. Call 248-4937.

For Sale: Car jack, \$6; vacuum cleaner, 30; color television, \$48; gas grill, \$48; ceiling fan, \$23.

See FREEBIES P23

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4 X 4.75

6 X 4.75